

## **Helen's House Calendar February 2023**

**Social Hour** (In-Person at Helen's House Playroom)

**February 9, 11 a.m.-12 p.m.**

Open space to talk freely and connect with other parents at Helen's House. No topic, no schedule, no expectations. Children welcome!

**Let's Celebrate Love!**

**February 13, 2 p.m.**

**Relationships, Intimacy, and Self-Love**

**February 14, 6-7 p.m.**

Evening group on Valentine's Day to discuss what relationships, intimacy, and self-love mean to you.

\*Door Prize Raffle Included

**Overdose Prevention, Naloxone Training**

**February 21, 2-3 p.m.**

Learn about the opioid crisis in NYC, recognize signs of overdose and how to respond, complete training and receive Naloxone kit.

\*Door Prize Raffle Included

**Celebrating Black History**

**February 23, 3 p.m.**

**Social Hour** (In-Person at Helen's House Playroom)

**February 28, 1-2:30 p.m.**

Open space to talk freely and connect with other parents at Helen's House. No topic, no schedule, no expectations. Children welcome!